



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02/20/14)

Visit us at www.fns.usda.gov/fdd

100499 – RICE, BROWN, LONG GRAIN, REGULAR, DRY, 25 LB

CATEGORY	<ul style="list-style-type: none">Whole Grains
PRODUCT DESCRIPTION	<ul style="list-style-type: none">Milled, long grain, brown rice is only U.S. Grade No. 1. Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed.
PACK/YIELD	<ul style="list-style-type: none">25 lb bag.One 25 lb bag AP yields about 62.5 cups of dry rice OR about 109.4 cups of cooked rice and provides about 218.8 ½-cup servings or 437.5 ¼-cup servings of cooked rice.CN Crediting: ½ cup cooked rice provides 1 oz equivalent grains.
STORAGE	<ul style="list-style-type: none">Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%).If ideal storage conditions are not available, store rice under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Rice, brown, long grain, without salt

	¼ cup dry (46 g)	½ cup, cooked (98 g)
Calories	171	108
Protein	3.6g	2.5g
Carbohydrate	35g	22g
Dietary Fiber	1.6 g	1.8 g
Sugars	0.39 g	0.34 g
Total Fat	1.35 g	0.88 g
Saturated Fat	0.27 g	0.18 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.68 mg	0.41 mg
Calcium	11 mg	10 mg
Sodium	3 mg	5 mg
Magnesium	66 mg	42 mg
Potassium	103 mg	42 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Prepare rice according to the cooking instructions on the package.• To retain vitamins, do not rinse rice before or drain after cooking.• Carefully measure rice and liquid, and adjust the cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape.
USES AND TIPS	<ul style="list-style-type: none">• Serve brown rice cooked or use in soups, tacos, salads, stuffing, or main dishes.• Use brown rice in any recipe calling for cooked rice.• In recipes specifying uncooked rice, it may be necessary to increase the liquid and/or the cooking time.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorageInvMgmt.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.